

# Dropped Between Stitches

So little is this pint of blood to give,  
That far away a dying man might live;  
Take this my blood and know a part of me  
Has gone—to keep my homeland free.

—Doris Lyon Stinson

Very soon, in fact starting Monday, March 5th, there will be another campaign launched to raise \$10,000 for the Red Cross Society. The province of Ontario has a quota of \$5,000-000 and the Porcupine district \$35,000 to meet the needs of the ever increasing demands on this very fine Society.

In regard to the work of the Red Cross there is very little to add to what has already been told about the achievements and work of mercy carried on through the medium of the society, not only in regard to our fighting men and prisoners of war but among the civilians of many lands. Funds are needed more urgently than ever with the growing demands of wartime services. When the canvasser calls or you are approached through the canvass of the business section you please give just a little more than you had originally planned to subscribe, the needs are really urgent and very vital to the health and maybe the lives of many thousands. It is very little to ask of those who are enjoying the comforts and peace of a Dominion like Canada. Just a little reminder too about the workrooms. Quotas are still lagging, the schedule for the month of March is well filled if the groups keep their dates in mind and make an effort to have about 24 ladies out on their scheduled day. There are seventeen sewing machines at the disposal of workers and if 24 ladies attended each meeting that makes provision for sufficient hand sewers and machine workers to be kept occupied. If this plan was followed by the various groups the quotas would always be fairly well up to par but when a mere handful of ladies turn out as representative of a group of 24 for whom that particular afternoon or evening has been set aside it may mean that the time is being taken up in a half hearted effort that could otherwise have been used to better advantage. So maybe the heads of the various groups and organizations will try to have the maximum number of ladies out to assure the maximum results which are so important.

There was a long, long trail of enthusiastic skiers winding in the direction of the ski-trail yesterday afternoon. The weather was mild and the bright sunshine really favoured the folk who had their half day holiday. One very smart outfit noticed was a quilted white grenfell cloth parka, worn with navy blue slacks, white ski boots, red mitts, kerchief and socks. Even the sparrows atop the buildings in the business section of the town seemed to appreciate the springlike atmosphere as they sat chirping away in the warm sunshine. In fact life seemed to take on a new perspective for everyone after the long stretch of continual cold. There was a regular baby parade of carriages, too, along the main thoroughfares as mothers and their bonnie youngsters took advantage of the warmer weather.

The Women's Missionary Society of the First United Church had a very successful tea last Saturday afternoon.

**DIAMONDS**  
**WATCHES**  
**C. A. REMUS**  
Third Ave. at Cedar Street  
TIMMINS  
JEWELLER - OPTOMETRIST

Many, many ladies attended and there was a complete "sell out" of baked goods before 4 p.m. and quite a line up of ladies waited for tables to be vacated before they could take tea. The popularity of these teas never seems to wane.

Have you noticed the lovely hand crocheted ecru cloth exhibited in the window of Rinn Bros. store? It was made and donated by Miss Blanche Dodge for the Arbutus Chapter, Order of the Eastern Star. The proceeds from the sale of tickets will be used for the patriotic work of the Chapter. It will be a very lucky lady indeed who wins this beautiful cloth.

The Ladies Auxillary of the Canadian Legion held their weekly Whist Drive in the Legion Hall on Tuesday evening. Prize winners were: Ladies—1st, Mrs. H. McQuarrie; 2nd, Mrs. E. Beaulne; 3rd, Mrs. Hawse. Gents—1st, Mrs. A. Ormiston; 2nd, Mrs. L. Clirmont; 3rd, Mr. S. Gauthier.

On Wednesday afternoon the ladies held their regular weekly Comfort Fund Tea in the Legion Hall and those attending were:— Mrs. L. Nicholson, Mrs. F. Curtis, Mrs. L. Mason, Mrs. C. Davison, Mrs. J. McGarry, Mrs. A. Borland (Senior), Mrs. W. Wilkinson, Mrs. B. Whitson, Mrs. E. Finchen, Mrs. E. Hinds, Mrs. T. Gay, Mrs. C. Boyd, Mrs. J. Smith, Mrs. A. Kelley, Mrs. R. Hardy and Margaret McGarry.

An executive meeting will be held on Friday evening at 8 p.m. in the Legion Hall.

Ladies don't forget that commencing Saturday, March 3rd, the local stores will be closed at 9 p.m. instead of 9:30 each Saturday which has been the practice in the past. This new closing hour also applies to the closing hour on the day preceding a holiday. Residents and out-of-town shoppers are asked to make a note of the revised closing time and to make an effort to do their shopping as early as possible which will allow the store clerks to leave on time, especially with the approach of Spring and Summer when everyone is anxious to have full advantage of the better weather to enjoy more leisure hours out-of-doors.

## U. of T. Graduate Nurses Receiving Practical Training With Health Unit

As part of their post graduate course at the University of Western Ontario and the University of Toronto, five of the students, Registered Nurses, are receiving their practical experience in district work in this area—four of whom are with the Porcupine Health Unit and one with the Victorian Order of Nurses. The students will spend one month here and are as follows: From the University of Western Ontario—Miss Margaret Drummond, Miss Nina Bridgette, Miss Julienne Gagner. From the University of Toronto—Miss Mildred Laughlin, Miss Anne Gibson.

On completion of their experience here in March, five other post graduate students will also receive their practical experience with the Porcupine Health Unit and the Victorian Order of Nurses.

## Mrs. Dionne, of Pottsville Died on Tuesday Morning

South Porcupine Feb. 28th. Spectator to the Advance. The death occurred in Porcupine General Hospital on Tuesday morning of Mrs. Sarah Dionne, wife of Mr. George Dionne, of Pottsville. The deceased came to Pottsville from Noranda and was born in Quebec thirty-one years ago. She leaves a family of six small children. Funeral arrangements (by Hunkin) have not yet been complete.

## Red Cross Schedule for the Bardessono Workrooms in March

Thursday March 1—Mrs. Hardy's Group and St. Matthew's Group.  
Friday, March 2—United Church Group and Finnish Organization.  
Monday, March 5—Mrs. Patrick's Group and Eastern Star.  
Tuesday, March 6—Finnish Women of Harmony Hall and Hadassah Group.  
Wednesday, March 7—Ladies of Ste. Anne and Mrs. Allen's Group and Jr. C.W.L.  
Thursday, March 8—Sr. C.W.L. (Mrs. Moran's Group) and St. Matthew's Group.  
Friday, March 9—French Federation and Dime Club and Finnish Organization.  
Monday, March 12—Mrs. Patrick's Group and Eastern Star.  
Tuesday, March 13—Finnish Women of Harmony Hall and Hadassah Group.  
Wednesday, March 14—Mrs. Ralph's Group and LaLigue Feminine Catholique and Miner's Union Auxiliary.  
Thursday, March 15—Sr. C.W.L. (Mrs. McCoy's Group) and St. Matthew's Group.  
Friday, March 16—United Church Group and I.O.D.E. and Finnish Organization.  
Monday, March 19—Mrs. Patrick's Group and Eastern Star.  
Tuesday, March 20—Finnish Women of Harmony Hall and Hadassah Group.  
Wednesday, March 21—Mrs. Allen's Group and Home and School Club.  
Thursday, March 22—Women's Institute and St. Matthew's Group.  
Friday, March 23—Finnish Organization and Women of the Moose.  
Monday, March 26—Mrs. Patrick's Group and Eastern Star.  
Tuesday, March 27—Finnish Women of Harmony Hall and Hadassah Group.  
Wednesday, March 28—Mrs. Ralph's Group and French Federation.  
Thursday, March 29—St. Matthew's Group.  
Friday, March 30—Good Friday—Rooms Closed.

The Wool Room located in the Municipal Building, Room 12, will be open Monday, Tuesday, Thursday and Friday of each week from 2-5 p.m. The Surgical Dressing Room located in the basement of the Post Office will be open Monday, Tuesday, Thursday and Friday of each week from 2-4 p.m. The Wool and Surgical Dressing Room will be closed on Good Friday.

The following Brownies from the 56th I.O.D.E. Brownies were enrolled last Wednesday evening:— Mary Jose, Fay Day, Emily Ebele, Betty Johnings, Jeanie Smith and Joan Robinson received their stars for neatness. We welcome to the Pack, Rose Gould, Lila and Georgina Thompson and Doris Wilson. The Brownies practised high jumping as part of their athletic badge which they will try in the spring. The meeting closed with the Brownie Squeeze.

St. Matthew's Brownies opened their meeting with "Weave the Magic in and Out." Inspection was taken by the Sisters. A relay skipping race was won twice by the Gnomes and Fairies. The Brownies reviewed their knots and the uses of each knot, under the direction of Brown Owl. The Brownies sang their good night song and went home. In the pop-wow, the Brownies examined a bird's nest found this winter.

The regular meeting of the First Porcupine Co. was held on Monday evening. The meeting opened with inspection. Miss E. Kain continued instruction in Child Nurse Badge. Games and patrol corners work completed this evening. Badges were presented to Anne Atkinson. Sewing class Helen Lausch, Laundress, Anne Atkinson, Patsy Pochaj, Dorothy Rudkin, Isabel Barber, Marlene Horti, first year service star, on Tuesday evening.

The Guides and Scouts enjoyed a skating party, after which a lunch was served in school by Guider D. Stewardson, Scouter M. Rudkin, Mrs. Rudkin Mrs. Gibson.

St. Matthew's Guides Last Monday night St. Matthew's Guides held a badge night. Mrs. Booker examined sewing; Mrs. Taylor, child nurse; and Pathfinder Mrs. Wheeler, cooks.

On Wednesday the Guides enjoyed a party with the Seventh Scout Troop 51st I.O.D.E.

The 51st I.O.D.E. held their weekly meeting last Monday night. Plans were arranged for a party to be held on Friday of that week, when South Porcupine Guides were to be their guests. The evening was spent in games and Campfire. A delicious lunch was served by the Guides. The meeting closed with Taps.

Second Timmings Guides The Second Timmings Guides held their meeting last Tuesday. The Guides spent the evening working on first class badges. The meeting closed with Taps.

Second Timmings Brownies Capt. Auby continued instructing the Brownies for their Golden Hand. Games and singing were enjoyed by all Brownies.

North Bay Nugget—The quickest way to wipe out a friendship is to sponge on it.

## Successful Candidates in Examinations Held by Toronto Conservatory

The following is a list of the successful candidates in examinations held recently by the Toronto Conservatory of Music, in Timmings. The names are arranged in order of merit:—

PIANO—GRADE X  
Pass—Eleanor Burke.  
GRADE IX  
Pass—Margaret Haines.  
GRADE VII  
Honours—Helen Fedor; Ella Antilla.  
Pass—Catherine MacElwee.  
GRADE V  
First Class Honours—Billy MacElwee.  
Honours—Margaret Craig.  
Pass—Byrl Crispin, Mayzell Meaner (equal); Rachel J. Weir.  
GRADE IV  
First Class Honours—Norma Andri-gheiti.  
Honours—Marie Bussterre; June Trumble; Edward Everley.  
GRADE III  
Honours—Joan Goedbloed, Murray Schultz (equal); Beryl Brooks.  
GRADE II  
First Class Honours—Joan Brooks; Helen Marshall.  
Honours—Josephine Elacott; Mary Flinsky, Geraldine Johnson (equal); Patricia Street.

GRADE I  
First Class Honours—Sheila Sloman.  
Honours—Margaret A. Murray.  
SINGING—GRADE VI  
Honours—Peggy Williams.  
THEORY—GRADE III  
Honours—Beulah Wood.  
Pass—Kathleen Smik.  
GRADE II  
First Class Honours—Daisy Bauman; Mary Thomson; Catherine MacElwee; Corinne Haystead.

GRADE I  
First Class Honours—Elizabeth Beattie; Vera King; Ella Antilla.  
Pass—Ruth Wilson.  
TIMMINGS, ONT.—ASSUMPTION CONVENT  
PIANO—GRADE VIII  
Pass—Myrna Ball.  
GRADE VII  
Honours—Nancy Coulson.  
Pass—Jeanne d'Arc Fortier.  
GRADE IV  
First Class Honours—Fleurette Barrette, Mary Colvincenzo (equal).  
Honours—Janet Malkin.  
GRADE III  
First Class Honours—Marielle Denis.  
Honours—Carolyn Chinn.  
GRADE II  
First Class Honours—Anne Gentile.  
Honours—Shirley Hooper; Carl Morissette.

SINGING—GRADE VI  
Honours—Yvonne Essa.  
THEORY—GRADE II  
First Class Honours—Florence Nicholson; Nancy Coulson.  
GRADE I  
First Class Honours—Rita Belanger; Beverly Silver; Lois Palmer; Yolande Dublin; June Avery.  
TIMMINGS, ONT.—GREY SISTERS' CONVENT  
PIANO—GRADE V  
Honours—Ruth Seubert; Betty Ross; Rosemary Dougherty, Shirley Thomson (equal); Margaret Burke.  
Pass—Daphne Dunlop.  
GRADE IV  
Honours—Moira Larmer; Lucien Pare; Aileen Stickley (equal); Joan Brennan.

GRADE III  
Honours—Phyllis Badeski, Alex Rose (equal); June Blow.  
GRADE II  
First Class Honours—Perry Rosenthal; Margaret MacLean; Aranka Plavan; Valerie Bennetts, Shirley Dunlop, Theresa O'Dacre (equal).  
Honours—Betty Mansfield; Charlotte Richardson.  
GRADE I  
First Class Honours—Jean Rosenthal; John Stahl.  
VIOLIN—GRADE I  
First Class Honours—Carol Nolan.

Very Successful Supply Tea Held by W. M. S. First United

A very successful Supply Tea was held on Saturday afternoon by the Women's Missionary Society of the First United Church.

The guests were welcomed by Mrs. W. M. Mustard and Mrs. A. Jackson. Mrs. A. A. Rose acted as treasurer. Miss Mary Elliott provided a programme of piano selections during the afternoon.

Mrs. J. Harnden, poured tea at the main tea table, which was covered with a lace cloth and centred with pink rose buds and Valentine candle bouquets.

The individual tea-tables were covered with dainty luncheon cloths, and in the centre of each table was a lighted valentine bouquet, a lighted candle floating in a sherbet glass with sprays of baby's breath and maidenhair fern, and with a paper dollie frill and ribbon around the glass. Valentine serviettes were also used at the tables. The lunch consisted of a variety of dainty sandwiches, cakes, and cookies with tea. On the Serving Committee were—Mrs. L. Leigh, Mrs. W. Barber, Mrs. S. Hansuld, Mrs. J. H. Ralph, Mrs. T. Charlton, Mrs. J. H. Jamieson, and Mrs. S. Ireland. Mrs. A. Gillies, and Mrs. P. Carsou were in charge of the table decorations.

Mrs. J. Harnden was the Social Convener. The Kitchen Committee included—Mrs. D. Ellis, Mrs. D. Tessier, and Mrs. M. Craig.

Three tables of articles for sale were additional attraction at the tea. Mrs. H. L. Traver, Mrs. A. Carson, and Miss Mayowna were in charge of the home-baking table. Cakes, pies, bread buns, cookies, tarts, muffins, tea biscuits, fudge and many other kinds of home-baking were on sale.

The apron table, where aprons of all kinds and for every occasion were on display, was handled by Mrs. R. MacLaren and Mrs. G. Jeffery.

Mrs. G. Golden and Mrs. W. Hansen were in charge of the novelty table where hand-made articles and novelties were on sale.

The Supply Tea, planned by Mrs. W. M. Mustard and her executive was a very pleasant and very successful social event.

## Rebekahs Honour Popular Member on Her Birthday

A very pleasant surprise party in honour of Mrs. Jessie Webb's birthday was held by the ladies of Gold Nugget Rebekah Lodge knitting club. Approximately seventeen members took part in the surprise, taking with them the refreshments, complete with an iced fruit cake, candles and all. The guest of honour was the recipient of many useful and lovely gifts, also several bouquets of flowers which were used to adorn the room after the visitors arrived. Several of the members who were unable to attend sent along flowers with their sincere good wishes.

During the course of the evening a telephone call was received from the subordinate lodge and when Mrs. Webb answered it the chorus of "Happy Birthday to you" was sung by the members who had gathered at the other end of the line to send their greetings to this very popular and valued member of the lodge.

During the evening the guests joined in the musical bingo contest and a very pleasant time was enjoyed by all, but the happiest person of all was the guest of honour herself who was at first too surprised and overjoyed to be able to express her pleasure, especially in view of the fact that Mrs. Webb has been confined to her home for some time past with quite a bad siege of sinus infection.

## Piano Teachers Enjoy Notable Classes Last Week

Interesting and Valuable Illustrated Lectures by Viggo Kihl

At the piano teaching classes which were conducted by Viggo Kihl, Toronto Conservatory requirements for Grades eight, nine, ten and A.T.C.M. were covered.

The first meeting which was held at the Radio Station on Wednesday was devoted to technical work, phrasing, touch and shading.

The second session took place at the home of Mrs. A. Gamble, 60 Maple St. South, with Mr. Kihl speaking on the works of Bach which included two-part inventions, and several of the 42 Preludes and Fugues, also playing several of them.

Of special interest was Mr. Kihl's rendition of the Bach chorale, "Jesu, Joy of Man's Desiring," arranged for the piano by himself after a careful study of the original manuscript. He then played "The Italian Concerto," followed by the works of Bach, Viggo Kihl played "The Harmonious Blacksmith," by Handel; "Sonata in A flat Major," by Scarlatti; "Fantasia in G Minor," by Mozart; and his own transcription of a Minuet, also by Mozart.

At the last lecture on Thursday morning in the Radio Station, Viggo Kihl covered a great many of the Beethoven Sonatas, playing parts of each, followed by a complete performance of each of the following: "Sonata in A Major," by Mozart; "Andant Favorite," by Beethoven; "Impromptu in A Flat No. 2," and "Impromptu Op. 90 No. 4," by Schubert; "The Prophet Bird," by Schumann; and "Waltz, Op. 64 No. 1, Waltz Op. 64 No. 2, "Impromptu in A Flat Major," "Nocturne in F. Sharp Major," and "Etudes No. 3 and 5," written by Chopin.

Mr. Kihl brought the classes to a close with a brilliant performance of "The Revolutionary Etude, op. 10, No. 12 in C Minor," by Chopin.

Friday Special!  
**WAR STAMPS .25¢**  
at your GROCERS  
**"SALADA" TEA**

Trinite; from Cochrane, Sister St. Auguste; and from New Liskeard, Sister St. Jean Eudes.  
Sisters from the Ursulis Convent were—from Timmings, Sisters Isaura, Mary Celle, Agatha and Mary Margaret.

The Supply Tea, planned by Mrs. W. M. Mustard and her executive was a very pleasant and very successful social event.

There is no Royal or Short Road to Weight Reduction one of the things overweighters have to learn is that there is no "royal" road to getting rid of excess fat. There are, of course, some "short cuts" for overweighters whose excess fat is caused by underactive glands - thyroid, pituitary, sex, adrenal - because daily use of the gland extract or extracts they need will reduce weight more rapidly than by a reduced diet alone. But for the everyday overweigher no short cut to weight reduction is possible; it must be done the "hard" way.

What is the hard way to weight reduction? It is now generally agreed that cutting down on the food intake is the safest and surest method to reduce weight. Hard work or exercise is a much better method if the overweigher will do it and at the same time will not increase his food intake. Exercise is the ideal method of reducing weight because it replaces fat with muscle, and with increase in muscle comes an increase in the desire for more exercise and so a healthful circle—more exercise, more muscle, more desire for exercise—is set up and the unwieldy overweight body becomes shapely and strong. The unfortunate fact exists, however, that most of the overweighters that increase exercise to reduce weight find the increased appetite for food too strong to resist. Many actually increase in weight despite hard exercise.

If, then, there is no royal road to weight reduction and food intake must be decreased, what can be done to help the overweigher to keep contented, if not happy during the period when less food is being eaten? In her book "Foods in Health and Disease," Lulu G. Graves, formerly Professor of Home Economics, Cornell University, says: "If one is very active or if for other reasons the stomach protests too vigorously about not getting its usual amount of food, a five meal schedule may be adopted, provided the meals are eaten systematically and kept within the prescribed daily amount. Nibbling at the food during the day is unwise and the digestive tract makes no distinction between food eaten in the regular way and that eaten in bits at irregular times. The hungry feeling means merely an empty stomach; it does not mean that the tissues of the body are starved and are demanding food."

What is the suggestion when the stomach is calling loudly for food yet you know that if weight is to be reduced you must not eat more than the prescribed number of calories daily? The best method of treating the stomach calling for food is to occupy the mind with other things. After paying no attention to the stomach's cry for food for a time, it will not receive more food and it has learned to do without food until the next regular feeding time.

For a normally safe reduction of one to two pounds per week, the following menu from the above book may serve as a guide.  
Breakfast: 1 orange or ½ grapefruit or ½ cantaloupe, or berries or other fresh fruit in season (except grapes) without cream or no sugar. 1 egg or 2 slices crisp bacon, or small serving of cereal with milk. 1 thin slice buttered toast, Coffee or tea, clear.

Luncheon: Consomme, bouillon, or clear soup, 2 saltines, 1 small serving cottage cheese or fish, or poultry, 2 green vegetables, 1 glass milk; dessert of fresh fruit, or gelatin, or baked apple without cream.

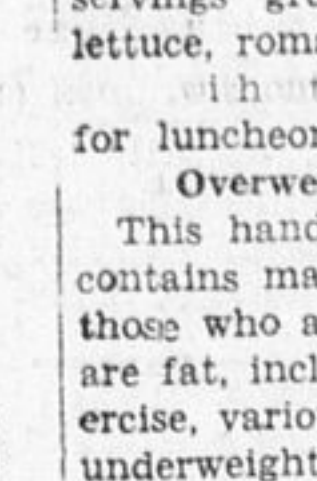
Dinner: Soup as at luncheon. 1 serving lean meat, roast beef, steak or ham, baked or boiled fish, or poultry, 1 small potato or 1 slice bread, with 2 servings green vegetables. Salad of lettuce, romaine, chicory, watercress, 1 hot dressing. Dessert as for luncheon, Coffee or tea, clear.

Overweight and Underweight This handy booklet by Dr. Barton contains many helpful suggestions for those who are too thin and those who are fat, including diet suggestions, exercise, various types of overweight and underweight. To obtain it just send your name and address and Ten Cents to cover cost of handling and mailing to the Bell Library, Post Office Box 75, Sta. O. New York, N. Y. and ask for booklet No. 105—Overweight and Underweight, mentioning the name of this paper.

Favourable Developments at the Trojan Gold Mines Favourable property developments continue to be encountered at Trojan Gold Mines Limited, as witnessed by the latest information forwarded to the Company from its engineer at the property. Additional veins running more than drift width uncovered in trench number three and four show mineralized quartz iron pyrite and tourmaline mariposite, which is similar condition prevailing on Kerr-Adison, and from which its ore is taken. Blasting continues of the vein system 550 feet east of trench number two, and news or results is expected to come through shortly.

SUCH LUCK 1st Tramp—"I lost a quarter today, Bill." 2nd Tramp—"How? Hole in your pocket?" 1st Tramp—"No, the chap who dropped it heard it fall."—Sudbury Star.

That Body of Yours  
By James W. Barton, M.D.



**FREE CHOICE**

HAT'S all this talk about life insurance being a monopoly?

ANSWER: It's just not true. If you want to shop around in Canada for insurance—you can pick an American company, or a British company, or a Canadian company. You may choose a stock company, or a strictly mutual company. You may select either a participating or a non-participating policy.

You mean there's real competition?

ANSWER: There is, indeed. Anyone who has let it be known that he is in the market for insurance realizes just how keen competition is between the different companies. He knows they offer a wide variety of plans and premium rates. Monopoly is a term which can never be truthfully applied to the life insurance business in Canada.

One of a series of messages sponsored by life insurance companies in Canada.

**MAGIC Peach Layer Cake**

NO SUGAR ... lots of lusciousness!

2 1/4 cups sifted cake flour  
2 1/2 tsp. Magic Baking Powder  
1/4 tsp. salt  
1/2 cup shortening  
1 cup white corn syrup  
2 eggs, unbeaten  
1/2 cup milk  
1 tsp. vanilla  
1/2 tsp. almond extract

Sift dry ingredients together 3 times. Cream shortening. Add syrup gradually, beating well after each addition. Add flour mixture, Blend well. Add eggs, one at a time, beat well after each addition. Add flour mixture in thirds, alternately with milk in each addition. Add flouring. Bake in 2 greased lightly floured 8" layer cake pans at 375°F. until done. Top and fill layers with peach-halves and whipped cream.

MADE IN CANADA

**POINT**

Out the benefits Of milk to your friends. The one drink on which Good health depends!

Too bad a lot of people are missing out on better health. It's merely a question of getting a sufficient amount of the vital elements. And these elements all are waiting for you in milk. If you want to buy yourself back on the way toward better health, try drinking several glasses of Timmings Dairy milk every day. You'll like it too.

**Timmings Dairy**  
Telephone 935